

MAY 2018

News About Virginia's Care Transitions Intervention Program Travelling across the United States and Haiti!

A recent article in The Advisory Board Company Briefing included an article about how Virginia, under the leadership of Bay Aging and Kathy Vesley, are using the Care Transitions Intervention (CTI) model to help caregivers with food, medicine, at-home medical procedures, medication management, and other challenges such as transportation. "Over the past two and one-half years, the consortium has helped 26,000 caregivers and patients, and decreased hospital readmission rates from 23.4% to 9%, according to Kathy Vesley, President/CEO of Bay Aging."

Since published, several radio stations and newspapers throughout the United States have picked up the article... Health News Florida, Journalism for a Healthy State; Utah Public Radio; Utah State University; Columbia Basin Herald, Washington; KALW broadcasting in San Francisco and many others. Even The Haitian Times!

As recently noted by the National Association of Area Agencies on Aging, "Because home and community based services costs a fraction of the cost of institutional care options like nursing homes and skilled care facilities, bringing services to people where they live helps them save their own and government dollars, making this a more sensible approach from a fiscal and human perspective."

Back in 2011, little did Kathy Vesley know that when she assembled a small core staff to lay the groundwork for this new concept of delivering comprehensive home and community based services, that so many people in Bay Aging's service region and across Virginia would benefit from better health. And now these good works continue to unfold and become blended into various programs across the country.

During the month of May Bay Aging has two great reasons to celebrate—in addition to being an **Area Agency on Aging**, Bay Aging is designated as a **Community Action Agency**. This combination creates a strong program and service infrastructure to reach people of all ages and incomes. It also gives staff two great reasons to celebrate Bay Aging's mission of delivering services people of all ages need to live independently.

OLDER AMERICANS MONTH



ENGAGE AT EVERY AGE: MAY 2018



Whether it is a scholarship for after school child care, a nutritious home delivered meal, transportation, a new roof, or affordable housing—Bay Aging has the ability to transform lives through aging services and community action partnerships.



VOLUNTEERS IN SERVICE TO AMERICA

VISTA was founded in 1965 as a domestic counterpart to the Peace Corps and started by President Lyndon Johnson as part of his *war on poverty*. Since its creation, over 220,000 VISTAs completed yearlong terms of service in all 50 states.

Because poverty takes different forms in every community, VISTAs are focused on responding to local needs by building capacity. Bay Aging is proud to host national service members as part of its mission to ensure people of the Northern Neck and Middle Peninsula have access to safe and affordable homes.

On May 25, 2018, Andrew Warren will complete his year of VISTA service at Bay Housing where he was dedicated to building the capacity of the group, Northern Neck Middle Peninsula Housing Coalition (NNMPHC), to end homelessness.

At left are some of the accomplishments during his tenure at Bay Aging . . .

Bay Aging Expands Weatherization Program Service Area *

Earlier this year, the Virginia Department of Housing and Community Development (DHCD) put forth a Request for Proposals (RFP) for Weatherization Services Providers for the Fredericksburg Region.

Healthy Generations (formerly Rappahannock Area Agency on Aging) for Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties made the decision to give up their Weatherization Assistance Program.

Bay Aging took the opportunity to respond to DHCD's RFP and applied to be the new Weatherization Service Provider for the Fredericksburg Region. Staff is pleased to announce that Bay Aging is now the new Weatherization Service Provider for Caroline and King George Counties effective April 20, 2018.



Weatherization Works

Substantial financial investments made in staff training and state certifications sets a high bar for effective weatherization work. The investments become more efficient with a sufficient number of projects across the region. ***Bay Aging staff looks forward to providing Weatherization services in its new 12-county territory!***

- Facilitated the community-wide Virginia Homeless Solutions Program grant application for rapid rehousing, emergency shelter, and housing intake and assessment; should know results by the end of June 2018
- Completed a homeless response system data analysis for use in the NNMPHC's strategic planning.
- Planned the annual Point-in-Time Count activity and managed the collection and analysis of data.
- Led the planning process to host the Affordable Housing Summit in partnership with Housing Virginia.
- Educated community partners about NNMPHC's efforts to end homelessness by increasing partnership collaboration.

Senior Health—A Major Focus for Senior Apartment Residents *

Residents of several Bay Aging senior apartment communities want to take proactive steps toward achieving better health outcomes. Below are a few examples of what they are doing . . .

- ▶ Parker View residents in James City County are enjoying a six-week HEAL (Healthy Eating and Living) curriculum;
- ▶ Daffodil Gardens residents in Gloucester and Port Town Village residents in Urbanna are also honing their skills in a six-week Nutrition and Healthy Eating education class;
- ▶ The Meadows residents in Colonial Beach (Westmoreland County) are working with Virginia Cooperative Extension to test the soil in their community garden. The Extension Agent will also make recommendations for the appropriate types of vegetables to plant, where and their care.

I am proud of what I do because . . .

“I have always enjoyed helping people...when people thank you just for listening to them and what they need. It feels good when I can calm down an upset person and help to make things right... and makes for a good day!”

*J. Harris, Scheduler
Bay Transit*

This is What Happens When Organizations Partner . . . *

On a rainy forty degree day, Bay Aging staff traveling down Town Bridge Road to the Urbanna Bay Aging offices were surprised to see a bright blue tent with an American flag posted outside nestled in a sharp curve in the road. This unusual sight was extra concerning because of a threat for four inches of snow the following day. What to do?

Bay Family Housing contacted Middlesex Department of Social Services to provide partnered outreach and met Clark, a veteran from Alabama who has been traveling the United States on bicycle for the past eleven years. Clark was unfamiliar with the area and unaware of available services, but very eager to find someplace dry and warm to spend the night. Bay Family Housing and Middlesex DSS contacted the Gloucester United Emergency Shelter Team (GUEST), who could welcome Clark with a dry bed and hot meal. Transportation was a barrier in getting Clark safely twenty miles to the shelter. With unfamiliarity to the area, soaking wet baggage and only a bicycle, Clark was unable to make it to the shelter on his own through the freezing rain. Another call was made to Bay Transit staff, whose flexibility and sense of urgency has stepped in on more than one occasion. After coordinating a Bay Transit bus arrival time, Bay Family Housing and Middlesex DSS providing outreach and a handoff, Clark found refuge at GUEST before he continued on his journey.



March for Meals Generates High Volume of Interest on Social Media *

Bay Aging joined hundreds of other Area Agencies on Aging by participating in the national advocacy blitz March for Meals. March for Meals, sponsored by the Meals on Wheels Association of America, is intended to 1) create awareness that seniors need access to nutritional food; 2) build the support that allows nutritious meal deliveries; and 3) facilitate friendly visits and safety checks to the most at-risk seniors all year long. Below and at right are some social media snapshots . . .



Lainee spent her spring break delivering Meals on Wheels to seniors in West Point. She can't wait for summer break to do it again!



Bay Aging
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Carol Hamlet delivers Meals on Wheels to Florence in Middlesex County.

In 2017, 120 seniors in Middlesex County lived healthier and safer in their own homes because volunteers provided friendly visits while delivering 15,574 meals.

To volunteer for our Meals on Wheels Program visit <https://bayaging.org/retired-senior-volunteer-program/>

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Established in 1978, Bay Aging is a nonprofit 501(C)(3) organization that delivers top quality professional services to people of all ages. Celebrate aging in place!

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Donations can be made online at <https://bayaging.org/bay-aging-cares/> or by mail to:

Bay Aging, P.O. Box 610, Urbanna VA 23175

For a conversation about giving, please contact Jean Duggan, Development Director
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